

## PRACTICAL SUGGESTIONS

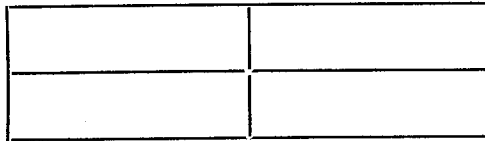


HOSPITAL SUGGESTIONS: We get the soap shakers housewives use for dish washing, and use the ends of soap in them for making the soapsuds for enemata.

M. C. W.

IN the back yard, where we have plenty of sunshine, I have had built a rack for airing of mattresses. It is made of 1½-inch gas piping—18 feet long and 4 feet wide—and has six pieces put into the ground. It stands about four feet high.

TOP VIEW.



M. C. W.

IN each bathroom and dressing room, we have pieces of newspaper, cut about the size of one-fourth a newspaper, with a string in one corner, holding them together as a hanger. These are used for wrapping soiled pads, or small dressings, thus keeping in the odors. When emptied from the baskets they are less unsightly for the men to handle, and if any pieces are dropped, they do not soil the hands.

M. C. W.

[NOTE.—It is refreshing to have a suggestion like the above which tends to preserve one's sense of decency. Sometimes a pupil nurse seems to lose all she presumably brought to the hospital with her. We have twice been told of nurses who threw soiled vulva pads, without any covering, into the scrap basket of the patient's bedroom, leaving them there to be cared for by any one, and to be seen by any one. In each case the patient was shocked and horrified, but failed to call upon the nurse to perform her duty properly, though in one case a change of nurses was made for this and similar reasons. The pity is that neither the nurse nor the superintendent who was sending her out on cases was informed as to where the trouble lay.—Ed.]

For the rubber sheets, I have had racks made, on the plan of the roller-towel rack, except that the rod is about three inches thick, and solid at both ends.

M. C. W.

I WANT to suggest the use of Bon Ami for scouring instruments. After the instruments are boiled, scrub with Bon Ami and lay them aside to dry. Later rub them with a brush and chamois and they will look like new. It is also valuable for windows or any glass.

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L. M. B.

IN regard to the item about cocoa in the June JOURNAL,—all cocoa has some combination of starchy material and should be cooked with a little water before the milk is added. Then the milk should not boil, and there will not be an incrustated pan, while the cocoa will be better prepared and more palatable.

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L. M. B.

A VISITING nurse in Cleveland has discovered that the little wooden markers used by florists for their plants make excellent tongue depressors. They have the virtue of cheapness and can be destroyed after once using.

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IF the neck of a nursing bottle be moistened before the nipple is put on, it will adhere more closely.—*British Journal of Nursing*.

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A CORRESPONDENT asked through this column some months ago why so few young children care for vegetables. No one has suggested an answer, but a writer in the *British Journal of Nursing* comments on such a condition as being usual, and suggests that if it is desired to have such a child take vegetables they will sometimes be taken willingly in the form of a thick soup or a purée.

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DENTISTS are finding the teeth of many children bad because they have not sufficient exercise in chewing. All our ready-cooked breakfast foods and even bread and milk are too easily swallowed without mastication. Most children need more fruit and vegetables added to their diet as an aid to better teeth, as well as for reasons of general health. As an offset for this lack of friction in mastication, dentists are using a method which they call polishing, which is not only expensive, but annoying, if not painful, to most children, as it is done with an engine and revolving disks. It would at least be cheaper to teach the child to chew.

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AT the Exhibition of Social Work and Hygiene held at Berlin, last March, one hint was given that might be adopted with benefit in all American cities. Paper bags were exhibited to be used by bakers to put

their loaves of bread in immediately on taking them from the oven. The bags are sealed at the end, and the consumer is assured that the bread has not been handled by many grimy hands.

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A SUPERINTENDENT of nurses inquires: "To what uses may the partially worn out rubber sheets be put? I use them for rubber pillow cases, when there is enough good; for covering bricks to be used as door stops; for squares to be used under bath tubs and cleaning basins; and for making up the head of the anæsthetic beds."

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Do any of your readers know of a simple elevator that can be put into a house at little expense to be used to carry an invalid from one floor to the next—a distance of about nine feet?

R. I. P.

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CAN you give me the name of a small garbage burner that might be placed in the basement of our institution for the burning of dressings, etc.? I should like something with which gas may be used as fuel.

I. R. F.

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WILL you kindly give me the method employed in the most advanced hospitals for handling and disinfecting the linen soiled with excreta from typhoid fever? If you could give it in detail with name of disinfectant used and length of time necessary for linen to remain in it, before it is safe to send it to a laundry, you will very greatly oblige me.

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It is hoped that there may be answers to this question from several hospitals of good standing. The necessity for the use of a disinfectant is a somewhat disputed point. Almost anything of a disinfecting character will coagulate the albumin in the discharges, making it more difficult to wash the clothing, and resulting in stained linen, which will have an objectionable odor.

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In a number of British nursing journals, and in some of our own newspapers, we have seen announcements, in a general way, of nurses being appointed on steamships to look after the welfare of the sick passengers. We have not been able to learn, however, the names of these steamship companies or any of the particulars as to methods of appointment, compensation, or the position occupied by such nurses on ship-board. Can any of our readers give us this information for publication in this column.